

# News & Views

## Absolique Hair Health Clinic

Spring Edition 2013

September, October, November

Topics covered in this edition: Functions and uses of Vitamins, Laser Hair Loss Treatments, Your Hair Cycle, The Green Drink, Antioxidants, Microscopic results, One Patients Story, Sydney Clinic and our app. Enjoy!



### *Why We Need Vitamins for Health and Hair*

Vitamins are essential for so many functions in the body and work together and also interact with minerals, essential fatty acids and antioxidants. Natural dietary sources have been either contaminated, depleted or both. This article will discuss all of the Fat Soluble and Water Soluble vitamins, their functions and interactions to help you understand why a quality Multivitamin is an essential part of a complete hair health regime.

Water Soluble Vitamins include the following Vitamins with main functions and therapeutic uses:

**Vitamin B1 Thiamine Functions** - Coenzyme, nerve function, synthesis of neurotransmitters, nerve impulses, energy for biochemical reactions.

**Vitamin B1 Thiamine Therapeutic uses** - fatigue, chronic fatigue, stress, muscular weakness, low energy, poor concentration, poor memory, poor circulation and numbness.

**Vitamin B2 Riboflavin Functions** - Essential for carbohydrate, fat and protein metabolism, supports antioxidant function, necessary for tissue maintenance especially the skin around the mouth, for eye tissues and mucous membranes, needed to activate folate, essential for normal growth and reproduction.

**Vitamin B2 Riboflavin Therapeutic uses** - Energy for exercise, deceleration of diseases such as cancer, forms of cardiovascular disease and diabetes, deficiency associated with other B

Vitamins as all should be consumed together, skin disorders such as eczema, dermatitis and acne, eye strain, blurred vision and eye irritations.

**Vitamin B3 Niacin Functions** - participates in over 200 cellular metabolic pathways, serves as coenzymes in energy metabolism and is essential to every single body cell.

**Vitamin B3 Niacin Therapeutic uses** - Pellagra, B2 Riboflavin deficiency, weakness, anorexia, indigestion, anxiety, irritability, decreasing LDL Cholesterol, increasing HDL Cholesterol,

atherosclerosis, poor circulation, chilblains, migraines, acne, mental illness, arthritis, dizziness and dementia.

Vitamin B3 needs B2 to function.

Vitamin B5 Pantothenic Acid Functions - part of coenzyme, central to metabolism, oxidation of carbohydrates and amino acids, synthesis of essential fatty acids, produces antibodies for immune function and helps in the stress response.

Vitamin B5 Pantothenic Acid Therapeutic uses - Headache, fatigue, impaired muscle coordination, GI tract disturbances, vomiting, abdominal cramps, cramping and weakness in the legs, numbness in toes, insomnia and burning sensation in the feet, chronic fatigue, low energy states, prevention of premature ageing, wrinkles, hair loss and greying of hair.

Vitamin B6 Pyridoxine, pyridoxal and pyridoxamine Functions – Essential for protein, carbohydrate and lipid metabolism, conversion of amino acid tryptophan to B3 niacin, synthesis of neurotransmitters for nerve and muscle function, blood cell structure and modulation of hormone receptors and conversion of essential fatty acids.

Vitamin B6 Pyridoxine, pyridoxal and pyridoxamine Therapeutic uses – works closely with zinc and magnesium, symptoms of PMS, nausea of pregnancy, anxiety and stress, poor memory, carpal tunnel syndrome, athletic performance, poor immunity and low energy states.

Folate, Folic Acid and Folacin Functions – Folate requires Vitamin B12 cobalamins for metabolism, required for protein metabolism, RNA/DNA synthesis, formation of hemoglobin and maturation of red and white blood cells, formation of neurotransmitters, amino acid methionine synthesis and work with B6 and B12 to maintain homocysteine.

Folate, folic Acid and Folacin Therapeutic uses – during pregnancy and periods of growth to assist with increased need for production of red blood cells, iron deficiency anemia with other B Vitamins, fatigue, tiredness, atherosclerosis, memory loss, stress, acne and cancer.

Vitamin B12 Cobalamin Functions – Contains the mineral cobalt, linked to folate metabolism, synthesis of amino acid methionine, nerve myelination, metabolism of fats, protein and carbohydrates, essential for healthy red blood cells and DNA synthesis.

Vitamin B12 Cobalamin Therapeutic uses – Vegans and strict vegetarians, inadequate intake of folate, pernicious anemia in combination with other B Vitamins, malabsorption conditions such as colitis and autoimmune reactions, insomnia, memory loss, fatigue, stress, mood swings, nervous irritability and helps degenerative joint disease.

Vitamin C Ascorbic Acid and Dehydroascorbic Acid Functions – Concentrated in white blood cells, acts as an antioxidant against free radical damage, important to aqueous environment of cellular plasma, important role in collagen formation for wound healing, antiageing, skin and hair maintenance, promotes iron absorption, needed for hormone and amino acid synthesis, conversion of cholesterol into bile acids, for immune function, tyrosine metabolism and involved in metabolism of folate.

Vitamin C Therapeutic uses – in times of infection and stress, poor collagen formation, scurvy, bruise easily, poor wound healing, loss of appetite, fatigue, nose bleeds, broken capillaries, iron deficiency, antioxidant, gingivitis (bleeding gums and loose teeth), immune function and infection.

**Choline Functions** – Keep your cell membranes, the gates through which nutrients enter and waste leave your cells, functioning properly. Allow your nerves to communicate with your muscles. Prevent the build-up of homocysteine in your blood. Homocysteine is a harmful compound that is associated with cardiovascular disease and osteoporosis. Reduces chronic inflammation.

**Inositol Functions** – part of all cell membranes, contributing to the function of nerves and muscles, and helping the liver process fats.

**Bioflavonoids Function** – help with absorption of Vitamin C and protects Vitamin C from oxidation. Bioflavonoids are indirectly involved in maintaining the health of collagen that holds the cells together forming the basement membranes of cells, tissues and cartilage.

**Fat Soluble Vitamins A, D, E and K** are needed to maintain good health, here are the functions and therapeutic uses:

**Vitamin A functions** - Essential for maintaining healthy eyes, skin, teeth, bone growth and immunity.

**Vitamin A therapeutically** - Prevention and treatment of age related macular degeneration and vision problems, helps acne, dermatitis, psoriasis and wound healing, helps heal mucous membranes of the digestive tract and in cases of ulcers and inflammatory bowel disease, compromised immune system, teeth and gum problems and bone mass.

**Vitamin D Functions** - Promotion of calcium and phosphorus in the body, normal bone and tooth mineralization, prevents bone diseases including osteoporosis.

**Vitamin D Therapeutically** - Prevention and treatment of rickets, osteoporosis and bone fracture, indicated in pregnancy, growth, post menopausally, topical treatment of psoriasis, treatment for arthritis, value in the treatment of some cancers such as skin, bone, colon, prostate and breast, used for muscular weakness or spasm.

**Vitamin E Functions** - The main role is as an antioxidant, a protector of cell structure helping to prevent heart disease, cancer, diabetes, and skin problems. Plays a role in fertility, immunity, stamina and muscle strength.

**Vitamin E Therapeutically** - Benefits those with high exposure to pollutants and emotional or physical stress, cardiovascular illness, circulatory disorders, ageing and premature ageing, can be used for cancer, diabetes, infection and muscular cramping, improving fertility, decreasing miscarriage and for premenstrual tension.

**Vitamin K Functions** - Proper blood clotting assists fat absorption, role in bone formation.

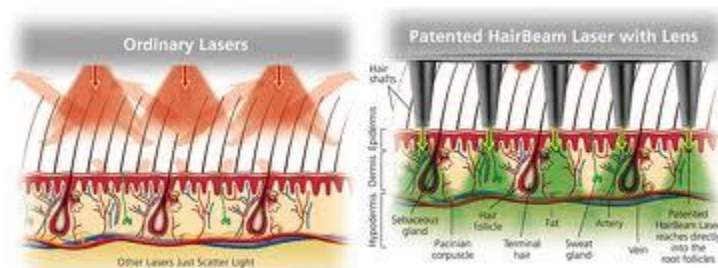
**Vitamin K Therapeutically** - osteoarthritis, abnormal hemorrhage or blood clotting, may help with menorrhagia (heavy periods) and prolonged menstruation.

As you may be realising by now, many of the Vitamins have similar functions, therapeutic uses and interactions with many of the other Vitamins.

It is for this reason Absolique Hair Health Clinic Trichologist Carolyn Evans I.A.T. recommends we all include a trusted all rounder Vitamin Supplement into our health regime.

Neways Orachel fits the bill and ticks all the boxes at \$50 for 100 tablets (50 days supply) when purchased from the clinic.

Orachel is to be taken in an alkaline or pH neutral environment with your other supplements Feroxin, EFA Krill, Revenol all essential to nourish and protect you and your hair.



### *Laser Hair Loss Treatments*

Laser is energy, like the sun is energy for plants; Laser is photolight therapy for the hair. The energy of Laser Therapy works by pulsing light energy into the hair bulbs and hair cells stimulating all the functions of

hair and its dermal and epidermal appendages. Laser technology has been safely used for Laser Hair Loss Treatments for over 30 years. Laser Hair Loss Treatments work by increasing blood flow to the scalp, hair root, hair follicle and hair cells because the lasers lights can penetrate deep into the dermal scalp tissue. This safe penetration has a stimulating effect on the cells mitochondria which is the energy centre which in turn stimulates circulation and protein synthesis (hair is made of protein). Increased blood flow assists in delivering vital blood supply, oxygen, and nutrients to the hair bulb via the capillaries; this action also assists in the removal of Dehydrotestosterone DHT associated with Female Pattern Thinning FMPT and Male Pattern Thinning MPT when used in combination therapy.

Absolique Hair Health Clinic Trichologist Carolyn Evans I.A.T. has been working with Lasers and Laser Hair Loss Treatments for 15 years and can honestly say Laser Therapy is not hype, however, there are many companies who realised the power of laser 'perception' and produce lasers of poor quality.

Laser light has a specific spectrum required to penetrate down to the dermal level and also a measurement in 'nm' nanometers required to deliver the safe level of laser light, as laser can also be used for surgery and hair removal by varying the spectrum and increasing the nanometers. With this in mind be assured different lasers are produced for the different purposes of hair therapy and hair removal, and would never get mixed up due to the difference of nm and application. The specific laser light is essential and also consideration to ensure the right or real laser diodes are provided in the laser devise. Additionally, as a hair expert one cannot tell or test a laser light machine to see if the diodes are real, so we have to lay trust in the supplier. Many a laser hair devise is available online, and you have to question the quality of the laser diode when the price is \$99. In life we do get what we pay for, so instead of choosing a cheap laser devise, wasting your time and efforts, go straight to a laser that has been tried, tested and proven time and time again – The Versacchi Hair Beam.

The Hair Beam is German engineered and is a patented laser with infrared laser diodes and laser dispersion lenses. These lenses efficiently and effectively transfer laser energy directly to the scalp and dermis where the energy is then absorbed, unlike many Laser devices; the lenses are applied directly to the scalp and can be moved with ease over the entire scalp to ensure effective energy delivery. One must remember when choosing Laser Hair Loss Treatments that light is energy and the energy is lost over distance. The further the laser from the treatment site the more energy is lost resulting in less effective treatment from the loss of energy.

This effect has been noted and tracked by Carolyn who chooses only the Versacchi manufactured Laser Hair Loss Treatments equipment for in clinic Hair Loss Treatments and HomeCare Hair Loss Treatments. Carolyn is quick to point out that the right spectrum of light will not harm you, and the lower spectrum will have no effect, the right spectrum can also help you, but diagnosis and understanding what you are actually treating, correcting the symptoms and the cause are essential to effective Laser Hair Loss Treatments.

Correct diagnosis and combination therapy will deliver the results each and every time if you follow this guide:

- Understand your hair loss or hair thinning
- Follow treatments to correct the symptom and the cause
- Always use combination therapy
- Never rely on laser therapy alone
- Use professionals for your diagnosis
- Be aware of low cost lasers
- Ask questions

Hair Beam home laser has five direct diodes which deliver the laser light therapy to your hair bulbs and scalps dermis. The recommended HomeCare Laser Therapy Treatment is for the duration in total of 1 hour a week to be broken up into intervals such as 3 x 20 minutes, 6 x 10 minutes, 4 x 15 minutes or a mixture like 20/10/15/5/10. Keep a log book so you can track your weekly laser treatments and keep in mind, 1 hour is all that is required to get the result, more than 1 hour will not harm you, but it will not help, balance is the key, it is a cell function similar to building muscle, losing weight and gaining weight. The in clinic lasers have 15 diodes with a slightly higher nm than the home laser, is more expensive and requires less treatment time to deliver the exact same effect if home laser is followed as directed. Speed and accuracy as well as contact with the scalp are so very important. All lasers purchased from Absolique Hair Health Clinic come with a free program induction to demonstrate and let you have a go at delivering your own laser hair loss treatments. Our in clinic patients will experience the laser treatment once a week for 12 weeks within 4 months or 16 weeks. In some cases HomeCare is recommended for continued improvement of the hair cell and hair cycle. Hair Beam Home Lasers are \$800.



## *Your Hair Cycle*

All hair has a cycle of growth with different phases within the hair cycle plus the length of time it takes a hair to finish each cycle. The length of a hair cycle is genetically predetermined just like your hair and eye colour. If you can grow your hair long say 50cm you will have a hair cycle of around 6 years. For those who cannot grow their hair past the shoulders or say 15cm long, you have a short hair cycle.

Knowing your hair cycle will help you to understand the different phases which are within the hair cycle. Anagen, Catagen and Telogen are the 3 most commonly known phases of the hair cycle. We now know there up to 7 phases to the hair cycle but we will keep this simple and discuss the main 3.

1. Anagen - is the growing phase of the hair cycle. The hair will remain in the anagen phase of the hair cycle from your genetically predetermined hair cycle length.
2. Catagen - is the resting phase of the hair cycle. The hairs only stay in the Catagen resting phase of the hair cycle for a short time whilst the hairs prepare to fall due to a new hair growing.
3. Telogen - is the falling phase of the hair cycle. Hairs in this Telogen falling phase are being pushed out by a new hair growing.

It is essential for normal hair growth for all hairs to go through the natural growing, resting and falling phases. Normal hair fall of Telogen hairs each day is 70-160. The wide variance is because of your actual hair count. This count is about the hair strand diameter and also the distribution. For example, someone with a fine hair strand and a fine hair density would not lose more than 70 hair strands a day, as no more than 70 hairs over the entire scalp would be in the natural Telogen hair falling phase of a normal hair cycle. Alternatively, someone with a fine hair strand and a thick hair density could lose up to 160 hair strands a day, as up to 160 hairs over the entire scalp could be in the natural Telogen hair falling phase of a normal hair cycle.

It is important to understand that the hair cycle affects every hair over your entire head when you have hair loss or hair thinning. When things go wrong with the hair cycle or the hair cells that control the hair cycle, hair loss and hair thinning can occur. Hair loss will affect the anagen hairs over the entire head and trigger them to pass prematurely into the Telogen falling phase resulting in double the hair loss than your normal Telogen falling hairs.

The other sad side effect to disruptions of the hair cycle and the hair cell can result in damage to the hair cell which in turn can change the way your hair grows to be altered from your genetic hair type. Most cases of an altered hair cell result in a poorer hair strand quality, rarely ever are changes to the hair cycle and hair cell beneficial to your hair type. To correctly diagnose and treat any type of hair loss or hair thinning one must know how to read the hair cycle. Absolique Hair Health Clinic Trichologist Carolyn Evans I.A.T. is an expert in her field and has been diagnosing and successfully treating patient's hair cycles for many years. Hair Health Check is a diagnostic and treatment advise session that takes 1 hour and 15 minutes at the cost of \$200. This is available at our Brisbane Clinic, soon to be available from a Sydney and Melbourne location and can also be performed by Skype and Phone consultations.

Contact us for any further information on your Hair Cycle Hair Health Check and Scalp.



## *The Green Drink*

Just like food, natural supplements need to be digested and absorbed by the body to be processed, transported and utilised by the body. Modern day society and busy lifestyles are already impacting digestion not to mention the nutrients which are no longer in the soil, animals that never see the sun or eat the food nature intended. The result is a far less than ideal environment for food to contain the nutrients we require so we must turn to supplements to provide us with some of the lost Essential Minerals, Fatty Acids, Antioxidants and Vitamins.

Absolique Hair Health Clinic also understands the importance of blocking DHT Dehydrotestosterone naturally through supplementation with Female Pattern Thinning and Male Pattern Thinning.

All supplements no matter why you are using them require a few things to ensure they will do what they are designed for. Firstly you need to know your pH which is the measurement of your body's water balance. As a being consisting of 73% water, it is essential to have your water in the right balance for effective digestion.

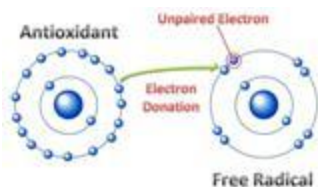
pH testing is easy, however bringing your body into a pH balance is not. Again it is our environment and food that are the greatest inhibitions against pH balance. You can try the journey to adjust lifestyle and food, but personally I have seen too many fail with stressful side effects due to our lifetime exposure. Changing things now will not alone bring you pH balance back, so we are here to help. I call it cheating, but it is in a natural way of course. We have researched, tested and tried many formulas as they must be toxic free, pesticide free, chemical free, artificial sweetener free and heavy metal free. It has 25 green ingredients as this puts the body in a pH neutral state.

It is a potent powder that packs a punch and must be mixed only with filtered water, not tap water and avoid bottled water where possible. One heaped teaspoon of this green powder called Green Qi mixed with water creates an alkalising solution to drink with or directly before taking your supplements.

When you drink this not so lovely tasting green drink you are guaranteed that your supplements will work! But alas, there are a few rules. Don't mix the green drink with fruit juice or anything that is acid. If you need help to soften the taste we can make suggestions.

It also is filling like food and cannot be taken with anything other than alkaline food or you will be defeating the purpose. Some people with fast metabolism find that the green drink is not enough food as required to be taken with supplements, so in these cases I recommend some natural nuts like almonds, cashews, macadamias, pecans, walnuts, hazel nuts or brazil nuts or even a combination of nuts, fresh or roasted not salted and no peanuts.

The Green drink we use and recommend at Absolique Hair Health Clinic is called Green Qi and is made by Neways and is \$62 (36 servings) in clinic or ask us how you can join Neways to purchase your own Green Qi and save 30%.



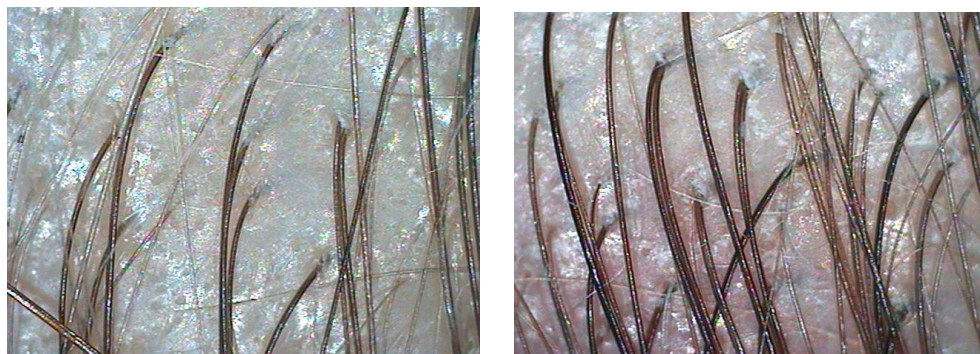
## *Why We Need Antioxidants*

When all the essential nutrients such as minerals, essential fatty acids and vitamins are supplied by our food our bodies produce their own antioxidants. Antioxidants neutralise free radicals. Free radicals are molecules that invade the body from the environment, foods we eat, liquids we drink and the society we live in. Back 100 years ago we were not exposed to so many free radicals and the foods grown in mineral rich soil without poisonous pesticides provided us with the nutrients to make our own antioxidants. These days we are surrounded by pollution, environmental contamination, and nutrient deficient natural food, genetically modified natural food, and poisoned natural food, foods with chemicals and preservatives that have a number to represent the chemical name and synthetic hormones flying around us in every which way.

Don't get me wrong I love all the mod cons that come with modern life, but it does come at a price. So my goal is to empower you to protect yourself, just image if you could provide your body with all the tools to protect you, do you think you will be the 1 in 3 to get cancer. How many people suffered the dreadful dis-ease of the body we call cancer 100 years ago?

Absolique Hair Health Clinic Trichologist Carolyn Evans I.A.T. has learnt and now understands that the damage from free radicals is a major contributing factor to the increase in hair loss amongst women and young men, and to successfully treat hair loss in any individual you need to provide the body with the basics for the human cell, 60+ essential minerals every day, essential fatty acids, potent antioxidants and vitamins. This recipe works every single time if the body is pH balanced and you have real trusted supplements and at the right dosage.

## *Microscopic Tracking for Results*



Ever seen a before and after photo? The problem with photos is that they can be easily altered. For Hair Loss Treatments before and after images can demonstrate how the hair has improved but microscopic images are more accurate for reading the success of Hair Loss Treatments and help to create a maintenance program to ensure the hair problems do not return.

That's why Trichologist at Absolique Hair Health Clinic Carolyn Evans I.A.T. has developed a unique way of capturing microscopic images before and after hair loss treatments. Locations

over the prepared scalp are measured and marked to provide accuracy of .5mm on the same scalp each and every time. “This process was developed when I was trying out different natural hair loss treatments”, says Carolyn, “but it has over time become so very important for all my research and patient results”.

‘Scope Sessions’ are our microscopic image capturing service. Scope Sessions take up to 1 hour and cost \$200. For our in clinic patients we include 2 Scope sessions with each program and patients are invited to return every 6 or 12 months for a checkup Scope Session. We encourage our HomeCare patients to also have a Scope Session as it is important for you to see the results from your home Hair Loss Treatments and effort.

Scope sessions also include a Scope Comparison session where we can show you the microscopic image of the scalp and hair before and after your Hair Loss Treatment. Our patients are welcome to have a digital copy of their Scope Sessions and Scope Comparisons as a record and memento of your successful Hair Loss Treatment simply drop in a memory stick and we can download the file for you.

### *Never too late ~ Judy's Story*



In each issue we would like to share a story from patients who have been through the journey of hair loss and are now living proof of hair health and how it is life changing.

History - 15 years of health and hair problems, very stressful life and limited time to look after or notice her hair loss. Life changing event through reiki got Judy back on the path of self awareness where she started putting energy back to her well being. This is when I met Judy in her last ditch effort to save her hair before turning to wigs. It was an emotional day for us both as I was touched by her story but could also see hope through my microscope, there was a lot of hair thinning and many empty hair follicles, but they were still alive!

Judy was willing to follow my 4 month treatment program designed to kick start and correct the hair cycle along with pH testing and alkalising for effective absorption of DHT inhibitions because of the presence of Female pattern thinning plus nutritional supplementation to fix the many deficiencies present and to ensure correction of the hair cell and hair cycle as many hairs were lying dormant. So this therapy is a combination, is easy to follow but it is strict. It costs time and money, Judy travelled from a long way away to Brisbane for a total 16 one hour visits over 4 months costing her \$2400 plus the essential HomeCare products.

Yes, a big commitment indeed, but the results were worth it. Below Judy shares her personal journey back to healthy hair and health. Hope you enjoy her journey and are inspired to take your own journey, let us know if you want to share your story.

*“My 1st visit has given me hope that after my treatment I shall be a healthier and consequently much happier person”.*

*“My first actual treatment session was fabulous. The scalp exfoliation was close to orgasmic! :) I felt totally energized when I left the clinic after my treatment and both my hair and scalp felt totally clean. I am now looking forward to my next treatment despite the long drive. I know it will be worth it for all the extra hair that will grow on my scalp”.*

*“As always the level of service at Absolique was excellent during my recent treatment, such a joy to go there. Since it is now a matter of waiting for my hair to re-grow I would like to share with you how hair loss has affected me in the past. My hair started thinning approx 15 years ago after some traumatic and life-changing events that caused me much grief and mountains of stress. In those days I wore my hair at chin-length and simply piled it all on top of my head. As the years progressed so did my hair loss and I became more self-conscious about it. I also noticed that I started sweating profusely from my scalp. I tried all sorts of tricks to camouflage my problem – which woman doesn't want to look her best? None worked! Only 3 or so months ago I promised myself to shave my head completely instead of trying to arrange my thin hair as artistically as possible if and when my condition would worsen. Then one lovely Saturday afternoon during a radio program on the ABC I caught snippets of an interview with Carolyn who explained that there are real solutions to all sorts for problem hair. Like a flash and fueled with new hope I Goggled her website and contacted her the following week. Prepared for the worst I was surprised that Carolyn assured me during my first visit that shaving my head would not be necessary. This took a load off my shoulders”.*

*“I've had my final treatment. I shall miss my regular appointment no doubt about it. It was wonderful to discover some new hair growth during the treatment session and to have it confirmed :) I'll be due for my next visit in 4 weeks and will give you a progress report after that date”.*

*“The 4 weeks between my last treatment and the new scope have gone so quick. The scope happened last week and it was so nice to walk into the clinic and be greeted like family. Although the results from the scope won't be in until 2 weeks from now the visual results were rather staggering in a good way. I don't want to pre-empt the results – I am just so very happy with the hair re-growth that I can see. I'll keep you posted”*

*“Had my first maintenance treatment last week after very spectacular results of my initial treatment program. Not in my wildest dreams did I expect such amazing results – not only is my hair growing profusely, it is also growing back in its original colour despite the fact that I am in my early sixties”.*

*“I am now in full 'maintenance' mode and thoroughly enjoy my monthly visits to Absolique Hair Health Clinic and the City of Brisbane. My bald patch on top of my head is gone and I can grow my hair longer now that it is so healthy and strong – and I am still growing new Hair!!”*

*“My last treatment for 2012 was relaxing as always. Thank you for taking a huge burden off my shoulders and helping me grow back my hair”.*



### *Sydney Hair Help on the Way*

On many an occasion I am told by my patients that they wish we could help their family or friends from NSW specifically in and surrounding Sydney with our holistic hair loss treatments. As our goal is to help all in need with hair loss we have decided to extend beyond Brisbane where our one and only clinic currently is, but we need your help.

To begin with we will offer diagnosis and then teach HomeCare as we won't be able to support full staff to offer our most favored in clinic correction program, but we will teach those who need the in clinic correction how to do it from home. This will definitely be much more difficult than in clinic program, but we have proven with our interstate and overseas patients that with persistence and practice it is possible and it works nearly as well and in clinic.

For the HomeCare to be complete, they will need to purchase our recommended home laser which costs \$800 ouch, not cheap, and then they must be used for a total of 1 hour a week in sessions not exceeding 20 minutes. Then once a week they will be required to prepare and apply the entire scalp for micro needle therapy and our kick start ampoule. HomeCare training will be provided.

I believe we can extend our helpful Hair Loss Treatments services to more in need by taking this approach. What do we need from you?

Let your friends or family know that we will be offering this service, as let us know if they would be interested so we can make contact to arrange appointments. We will work on an appointment based arrangement offering a few consecutive days once a month to begin with.

The location will be in a private consultation suite around Hornsby as that is central to all forms of transport. Pricing will remain exactly the same as Brisbane. Please let us know your thoughts on our plan and if you know someone who need our hair help.

P.s. We have also been offered the use of a consultation room by the Hair Care Foundation in their Melbourne Central location, know anyone who needs us in Melbourne?

**Life is like a book.  
Some chapters sad, some  
happy, and some exciting.**

**But if you never turn the  
page...  
You will never know what the  
next chapter holds.**



## *Download our App*

You can request appointments, email us, have access to all our videos read all our interesting and informative blogs, see our image gallery, connect to our Facebook page loaded with interesting articles, load your photos and comments, all this at your fingertips for free!

Install our iPhone or Android app from the App Store

<https://itunes.apple.com/us/app/absolique-hair-health-clinic/id600543631?mt=8>

Thank you for reading this Spring edition News & Views.

All Services, Products and Articles discussed are available from Absolique Hair Health Clinic.

I look forward to sharing with you again in our Summer Edition.

Please email if you have questions about any articles or would like me to cover a particular topic in future editions.

Yours in Healthy Hair,

Carolyn Evans I.A.T. Trichologist

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